



2016

PEDAL PUSHERS

SENIOR BICYCLE TRIP PROGRAM

SCHEDULE

**PLEASE REGISTER FOR EACH RIDE BY CALLING
763-512-2345 by 3:00 PM the day before the ride**

TUESDAY, JUNE 7 – 9:30 AM – MISSISSIPPI MILE

Meet at the Boom Island parking lot 700 Sibley Street NE, 55413. We will bike a circle route along the river, Nicollet Island, Riverplace, Stone Arch Bridge and back to Boom Island. (Bring a snack and water for ride.)

Register by June 6, 3:00 PM. Directions: MN-55 East to Lyndale Ave N (Left). Turn right onto Plymouth Ave (road name changes to 8th Ave). Follow detour. Turn right on Sibley Street NE. **Bring \$1-\$3 for parking pay station.

TUESDAY, JUNE 23- 9:30 AM –Coon Rapids Dam

Meet at the Visitor's Center (10360 West River Road Brooklyn Park, MN 55444). We will bike across the river, above the Dam, and will stop for pie and coffee after the ride \$3.

Register by June 22, 3:00 PM.

PLEASE NOTE:

*Bike helmets are required for this program. About 80% of all bicycling accident fatalities each year are a result of head injuries. Scrapes and broken bones heal, but head injuries may not, so compared to the lifetime cost of a head injury, the cost of a bike helmet is cheap.

*We make frequent water/rest stops. Bring water and a snack for the ride. Sometimes we stop for coffee, treats or lunch. (All stops optional and costs are on your own)

*Members are responsible for their own transportation and transporting their bicycle to/from the location.

*Our escort, Nancy Sjoquist, has a degree in Therapeutic Recreation from the University of Minnesota and years of bicycle experience. She has escorted the Pedal Pushers for 21 years.

*Please call the Park and Recreation Office, 763-512-2345, at least one day prior to the trip so Nancy knows whose coming or we can call you if we need to cancel the trip (due to weather or illness). If you reserved a spot and then are unable to make it that day, call Nancy's cell phone at 612-741-1872.

SEE OTHER SIDE FOR DATES
2016 PEDAL PUSHER DATES:
Locations to be determined

Tuesday, July 12 – Minneapolis Chain of Lakes
Thursday, July 28 – Minnehaha Falls
Tuesday, August 4 – Lake Rebecca
Tuesday, August 25 – Axel's Lunch Ride (Mendota)
Tuesday, September 6 – Big Stone Mini Golf/Sculpture Garden (Mound)
Tuesday, September 20 – Golden Valley Police
Tuesday, October 4 – Final ride and pot luck at Nancy & Keith's



The Pedal Pushers program is sponsored by the Senior Programs of Golden Valley & Crystal Recreation Departments.